



# PETAWAWA MINOR HOCKEY

TEAM: \_\_\_\_\_

PRACTICE OBJECTIVES: \_\_\_\_\_

TEAM RECORD: W \_\_\_\_\_ L \_\_\_\_\_ T \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

## LINE UP / FORMATION

FORWARDS	DEFENSE	GOALIES
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

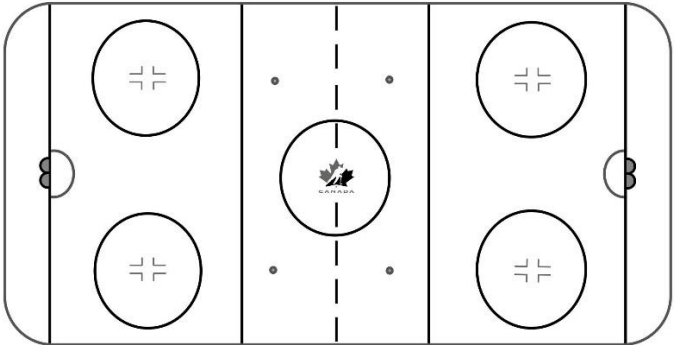
<b>LEGEND</b>		COACH		PUCK CARRYING
		FORWARDS		SHOOTING
		DEFENDERS		PASS
		GOALTENDERS		DROP PASS
		STOP		BACKWARD SKATE
		PYLON		LATERAL MOVEMENT
	PUCKS		DEFENSIVE PRESSURE	

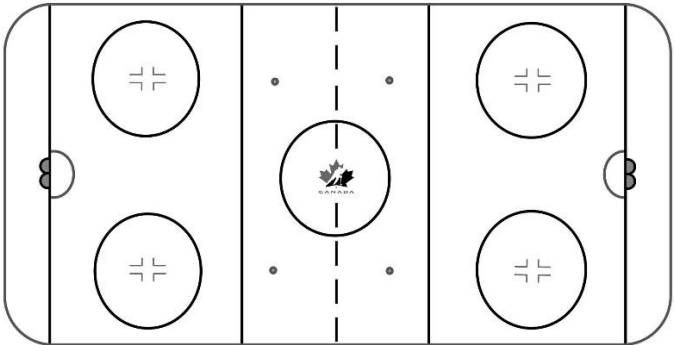
DRILL: ENERGIZER	COACH:	TIME: 5 MINUTES
GOALIE PURPOSE:		WORK/REST RATIO: 1 / 0
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

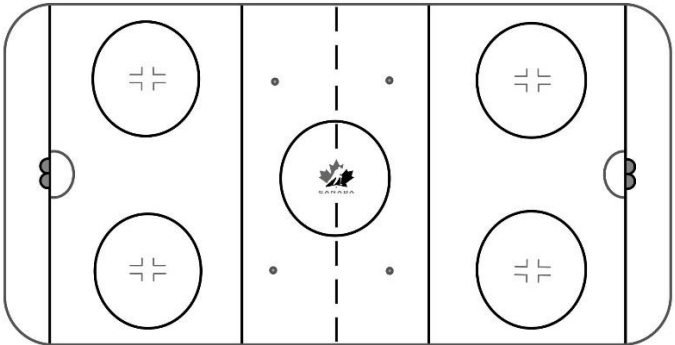
DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		



# PETAWAWA MINOR HOCKEY

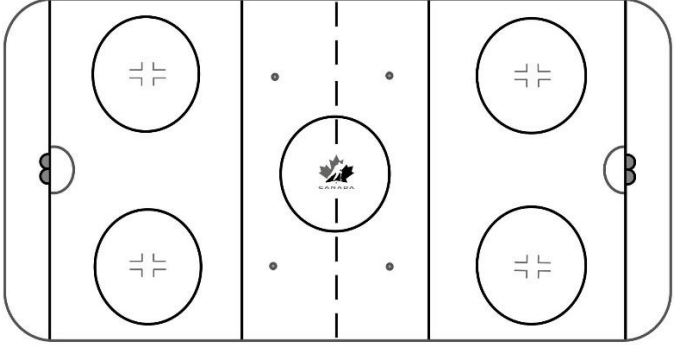
DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

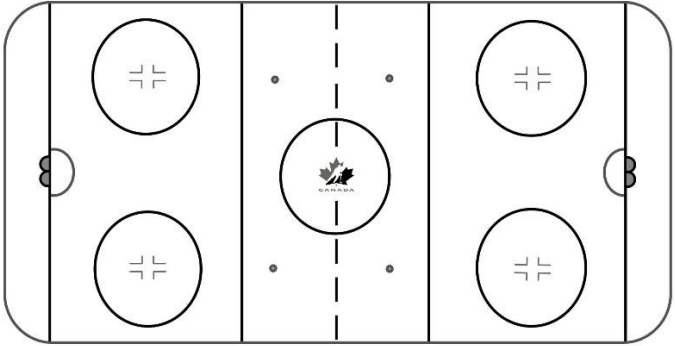
DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

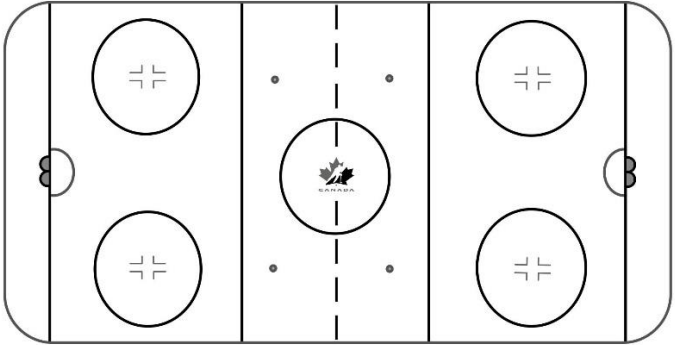
DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		



# PETAWAWA MINOR HOCKEY

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		